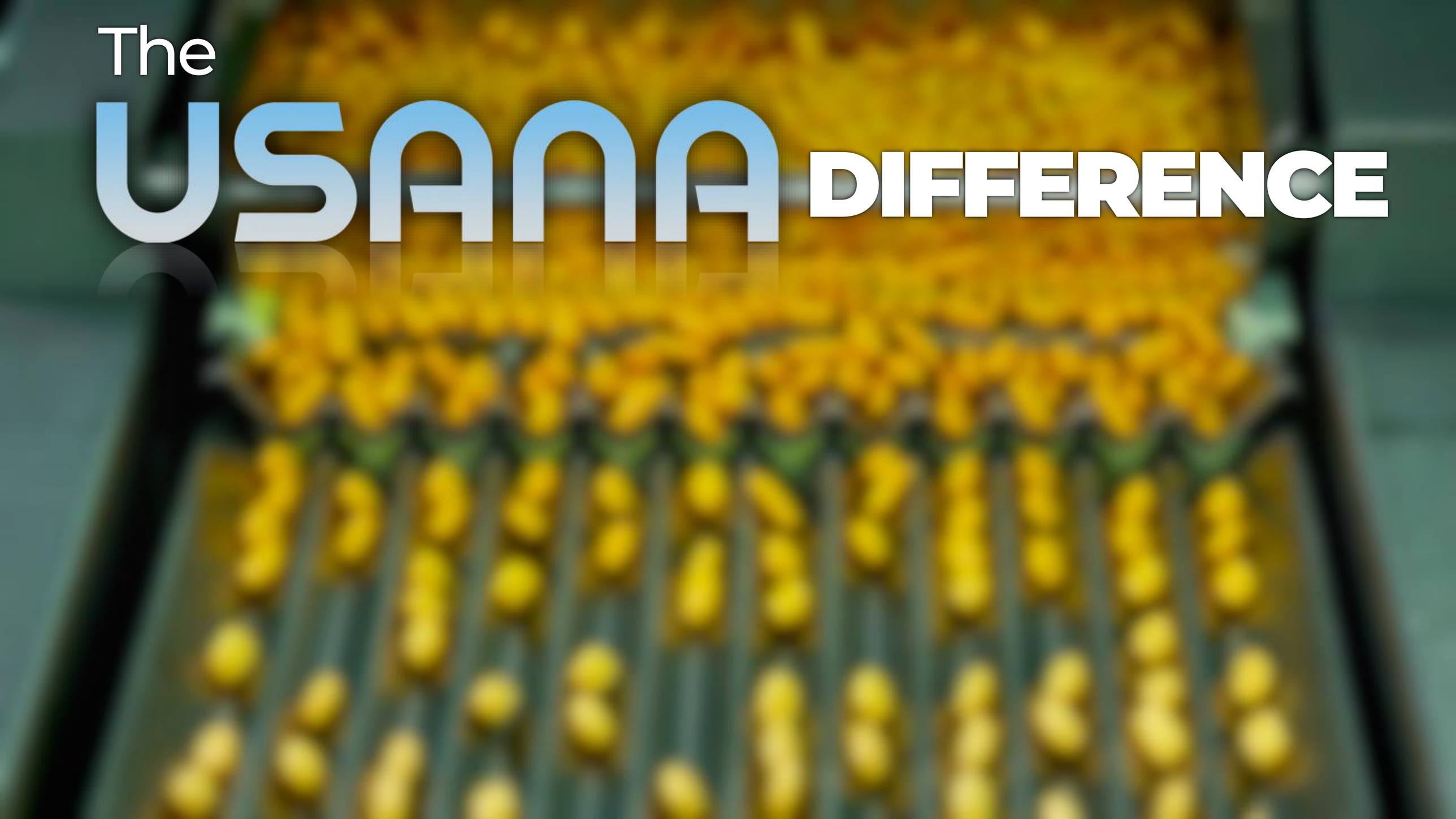

USANA®
THE CELLULAR NUTRITION COMPANY


The
USANA
DIFFERENCE

Why do I need to worry about nutrition?

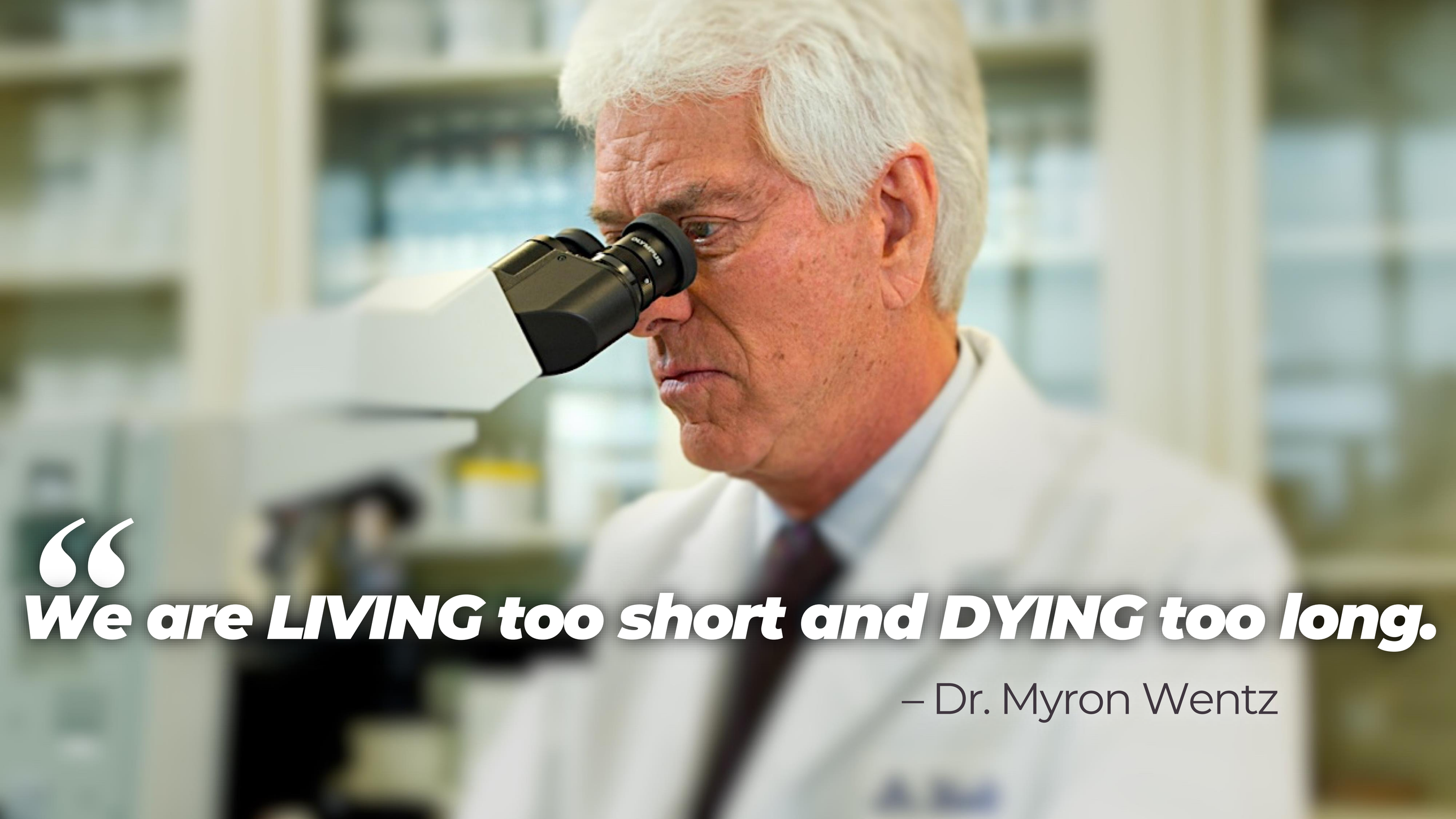
What are the right levels of nutrients?

How is USANA different?

WHY do I need to worry about nutrition?

WHAT are the right levels of nutrients?

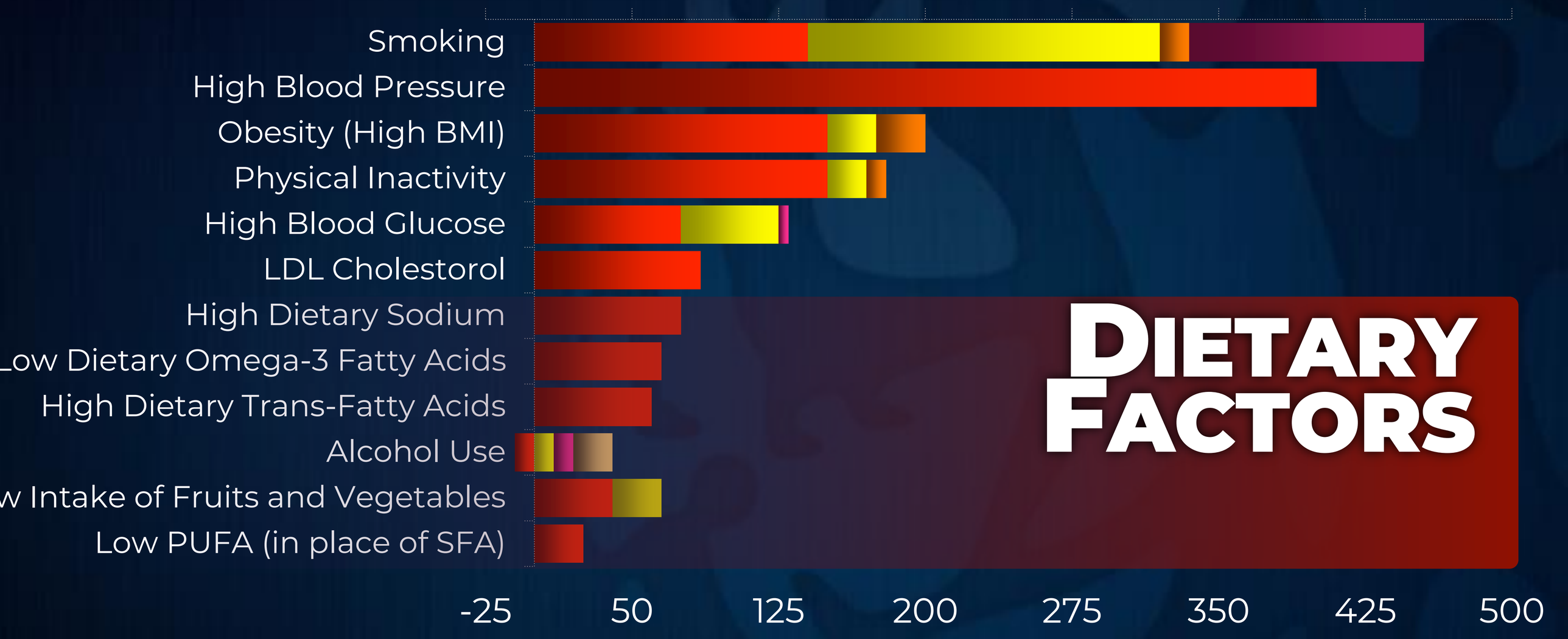
HOW is USANA different?


“
We are LIVING too short and DYING too long.
– Dr. Myron Wentz

2/3 Healthcare Dollars Spent on Elderly

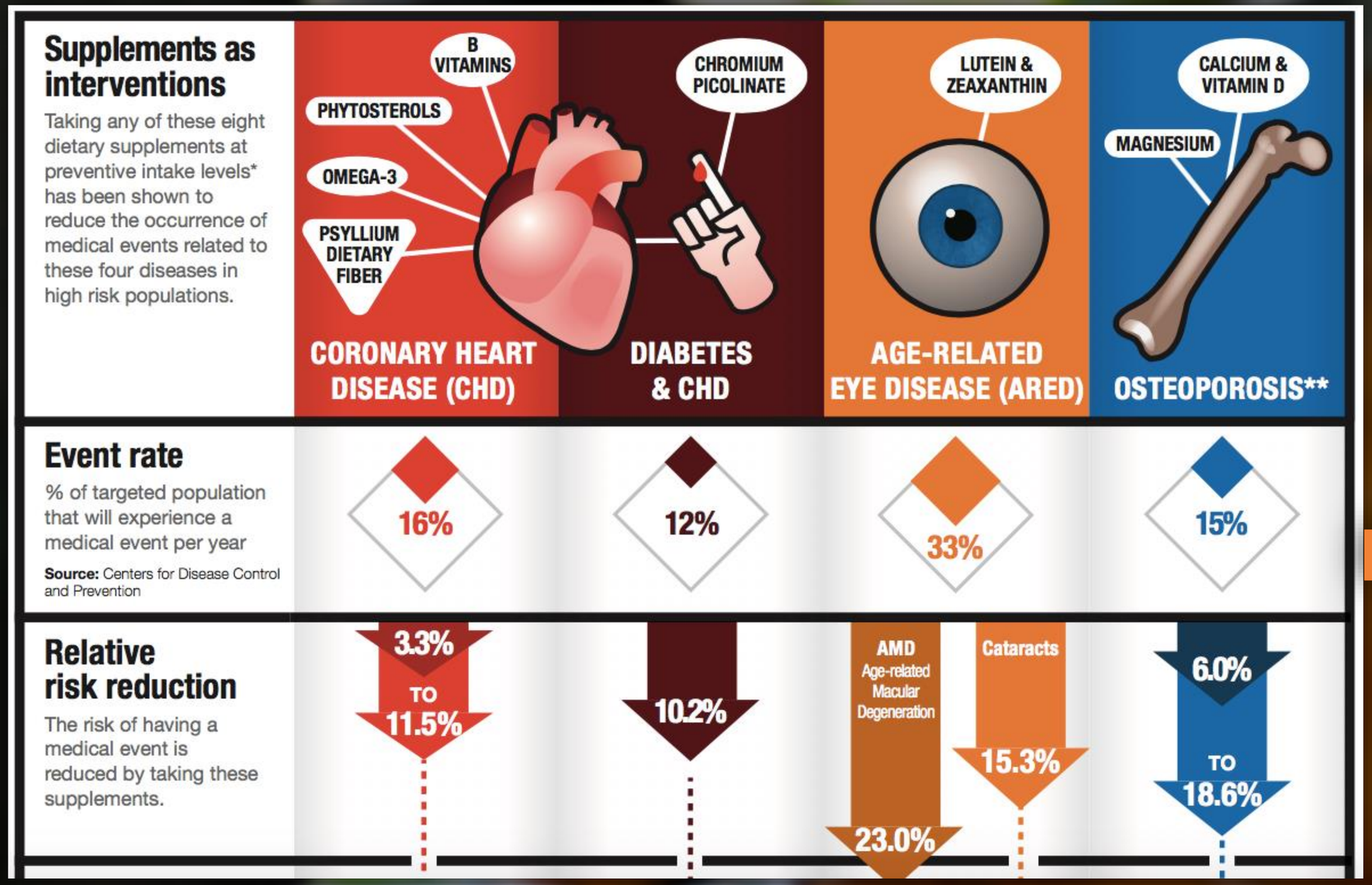
Source: Centers for Medicare & Medicaid Services (Current Beneficiary Survey)

DEATHS Attributable to Individual Risk



Dietary Factors

Danaei et al., 2009; 6(4):e1000058



+75% POPULATION

www.crnusa.org

Supplementation

Nutritional supplementation had a beneficial effect on **muscular activity** and cycling **efficiency** of athletes engaged in heavy exercises, by **reducing fatigue** and enhancing subsequent exercise tolerance.

Vitamin/mineral **improved multi-tasking performance**, and resulted in both **faster** and **more accurate responses**.

Louis J, Hausswirth C, Bieuzen F, Brisswalter J. Vitamin and mineral supplementation effect on muscular activity and cycling efficiency in master athletes. *Appl Physiol Nutr Metab*. 2010;35(3):251-260.

Vitamin D and Physical Performance

Treatment of vitamin D–deficient athletes may **improve athletic performance**.

Vitamin D supplementation and training **improved muscle strength**.

Vitamin D plus calcium supplementation **improved femoral bone density**.

Cannell JJ, Hollis BW, Sorenson MB, Taft TN, Anderson JJ. Athletic performance and vitamin D. Med Sci Sports Exerc. 2009;41(5):1102-1110.

Bunout D, Barrera G, Leiva L, et al. Effects of vitamin D supplementation and exercise training on physical performance in Chilean vitamin D deficient elderly subjects. Exp Gerontol. 2006;41(8):746-752.

Vitamin E and Physical Performance

Supplementing with 200mg of Vitamin E twice daily helped **minimize oxidative damage** in alpinists.

Supplementation with 100 to 200mg of vitamin E daily can be recommended for all endurance athletes to **minimize exercise-induced oxidative damage** and to reap the full health benefits of exercise.

Kechijan D. Optimizing nutrition for performance at altitude: a literature review. J Spec Oper Med. 2011;11(1):12-17.

Takanami Y, Iwane H, Kawai Y, Shimomitsu T. Vitamin E supplementation and endurance exercise: are there benefits?. Sports Med. 2000;29(2):73-83.

Athlete Diets

Low total energy intake contributed to insufficient antioxidant vitamins intake.

Except one, all the athletes consumed insufficient vitamin E.

Vitamin A and vitamin C were also frequently low.

Overall analysis revealed a low intake of fruits and vegetables.

Machefer G, Groussard C, Zouhal H, et al. Nutritional and plasmatic antioxidant vitamins status of ultra endurance athletes. J Am Coll Nutr. 2007;26(4):311-316.


WHAT
you put in your mouth
MATTERS

WHY do I need to worry about nutrition?

WHAT are the right levels of nutrients?

HOW is the industry regulated?


Conventional
WISDOM
EAT a balanced diet.
Heathy fats
Fruits and vegetables
Complex carbohydrates
Complete protein

Nutrition Facts

Serving Size 350 g

Amount Per Serving	
Calories 880	Calories from Fat 459
	% Daily Value*
Total Fat 51g	78%
Saturated Fat 20g	100%
Trans Fat	
Cholesterol 200mg	67%
Sodium 1520mg	63%
Total Carbohydrate 50g	17%
Dietary Fiber 4g	16%
Sugars 9g	
Protein [illegible]	

Vitamin A	40%	• Vitamin C	10%
Calcium	25%	• Iron	40%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

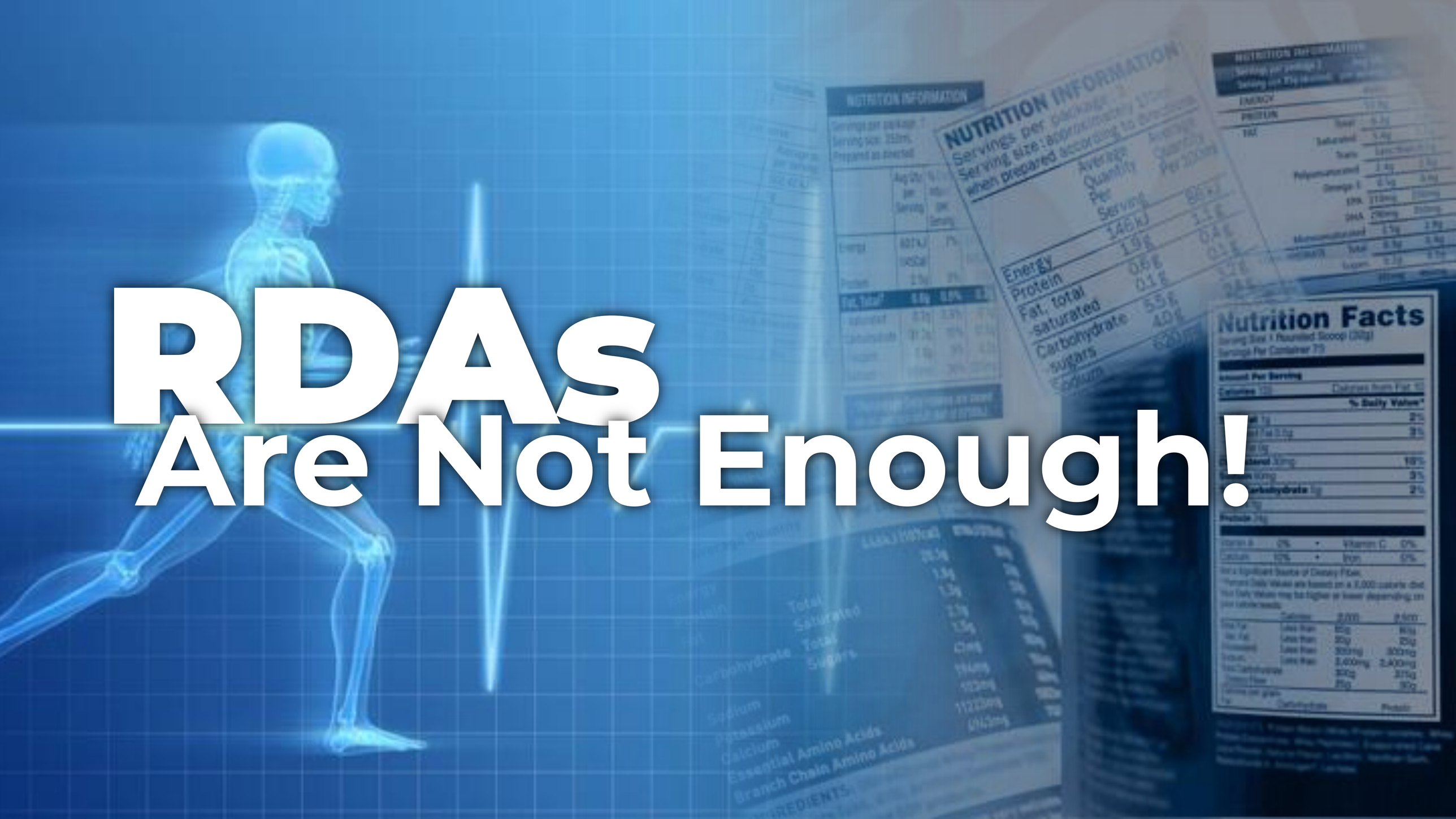
NutritionData.com

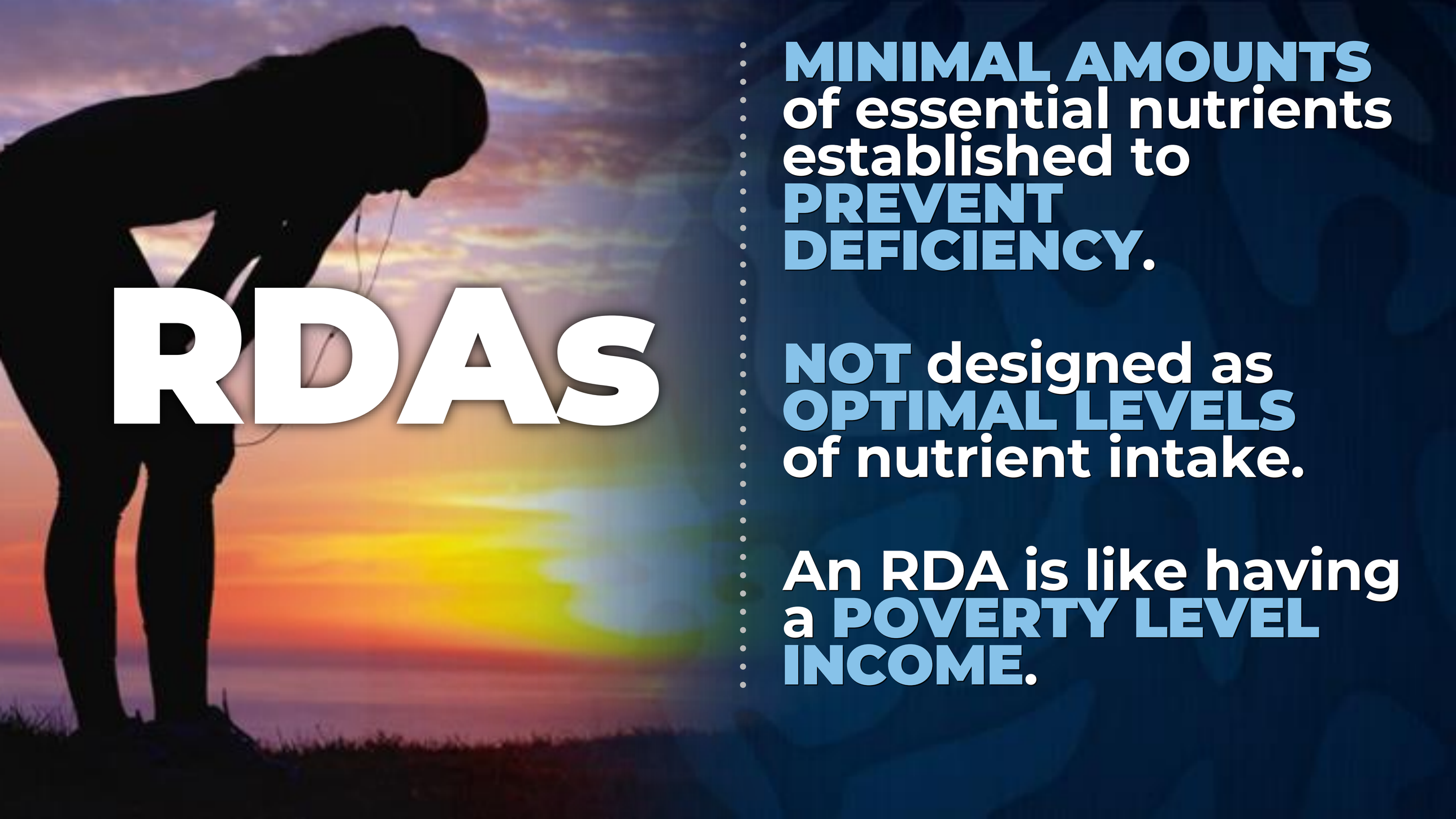
DEFICIENCIES

In North American Diet

MEN (19+)	NUTRIENT	WOMEN (19+)
89%	Vitamin E	97%
63%	Calcium	88%
64%	Magnesium	67%
11%	Zinc	36%
57%	Vitamin A	48%
40%	Vitamin C	38%
7%	Vitamin B6	28%
59%	Vitamin D	59%

NHANES 2001-2002 USDA 2005 J. Nutrition. 140:817:2010


RDAs
Are Not Enough!
NUTRITION INFORMATION
Nutrition Facts

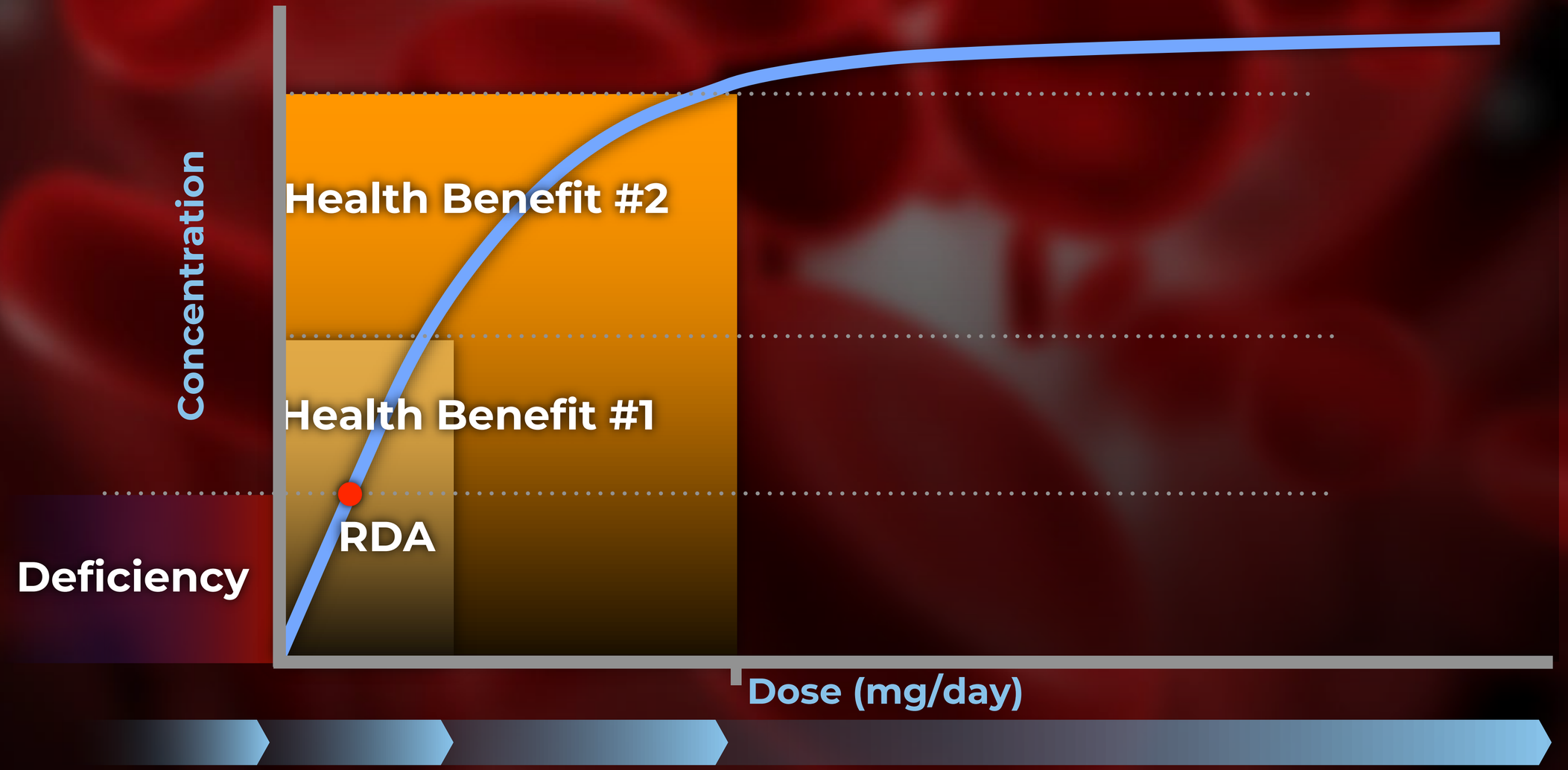


MINIMAL AMOUNTS of essential nutrients established to **PREVENT DEFICIENCY**.

NOT designed as **OPTIMAL LEVELS** of nutrient intake.

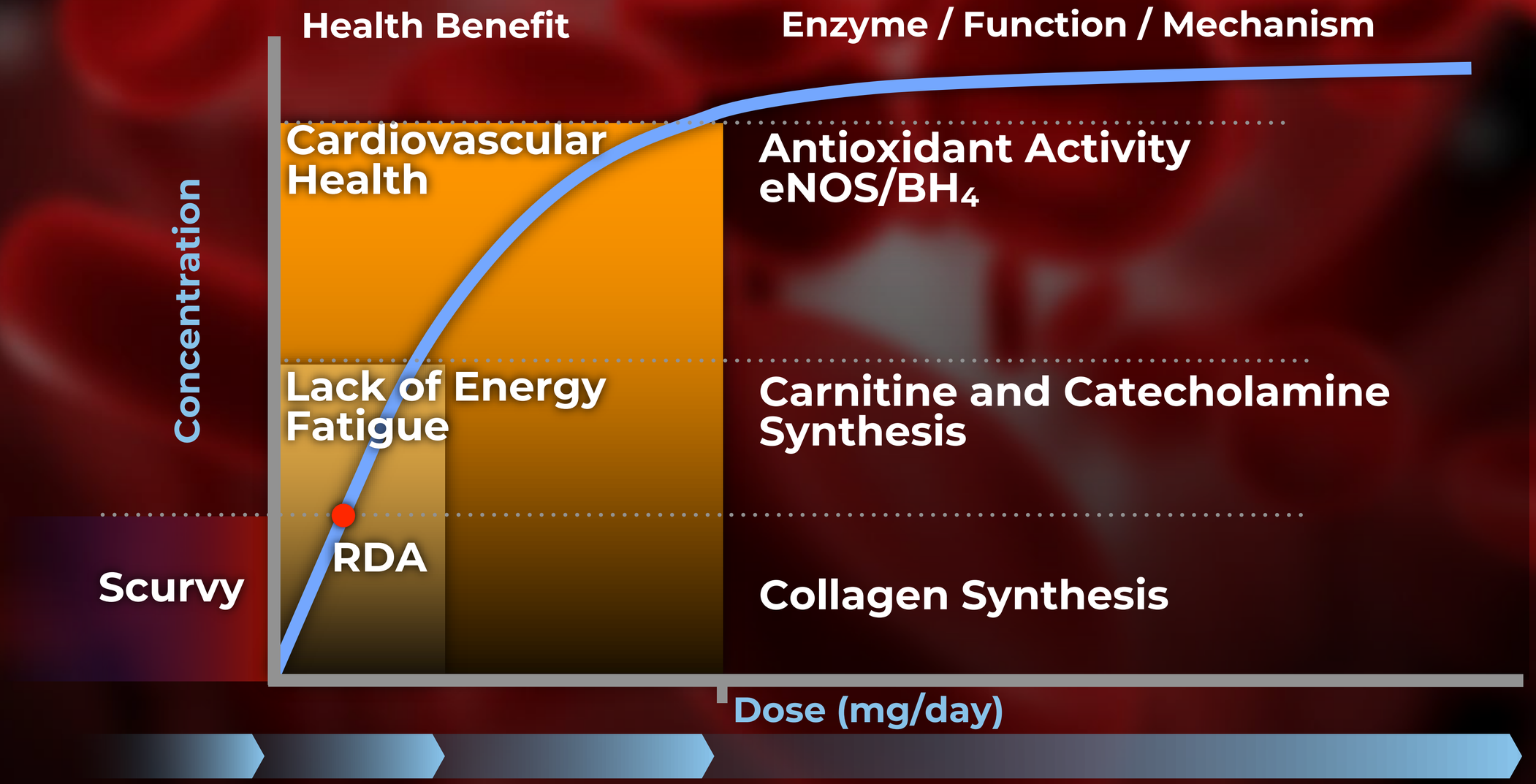
An RDA is like having a **POVERTY LEVEL INCOME**.

Blood Nutrient CONCENTRATION



Ames, B. “The Triage Theory”

Blood Vitamin C CONCENTRATION



Ames, B. “The Triage Theory”

VITAMIN C

ENERGY PRODUCTION, ANTIOXIDANT CAPACITY, HEART HEALTH

RDA

40-125 mg/day

OPTIMAL

1,000+ mg/day

Studies in over 105,000 people

VITAMIN C

1,000 mg

10 glasses = 4184 kJ (1,120 cal)

VITAMIN E

DECREASES
many heart risks

RDA
6-28.5 IU

OPTIMAL
200 IU

Epidemiological studies in over 250,000 people.

DRY ROASTED

ALMONDS

200 IU

VITAMIN E

.75 kilos/1.5 pounds
18,740 KJ (4479 CAL)

VITAMIN D

LINKS to immune function, glucose metabolism, bone density, muscle function, and heart health

RDA

400-800 IU/day

OPTIMAL

4,000 IU/day

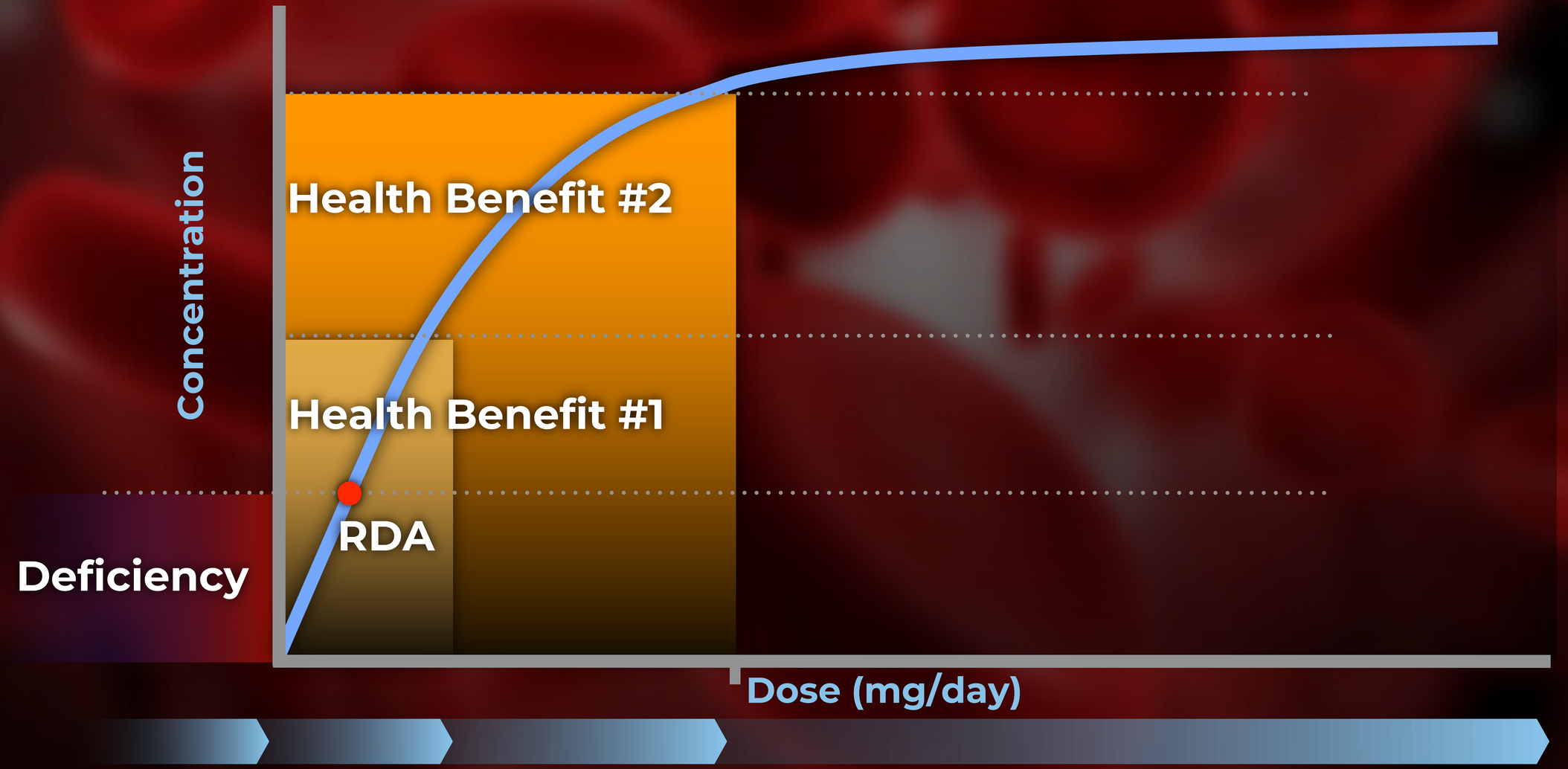
VITAMIN D

4,000 IU

34 GLASSES

12,452 kJ / 2976 cal (four liters)

Blood Nutrient CONCENTRATION



Ames, B. “The Triage Theory”

WHY do I need to worry about nutrition?

WHAT are the right levels of nutrients?

HOW is USANA different?


To DEVELOP and PROVIDE
the HIGHEST QUALITY,
SCIENCE-BASED
health
products ...
USANA
HEALTH SCIENCES
your health. your life. your way.


To DEVELOP and PROVIDE
the HIGHEST QUALITY,
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health
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USANA
HEALTH SCIENCES
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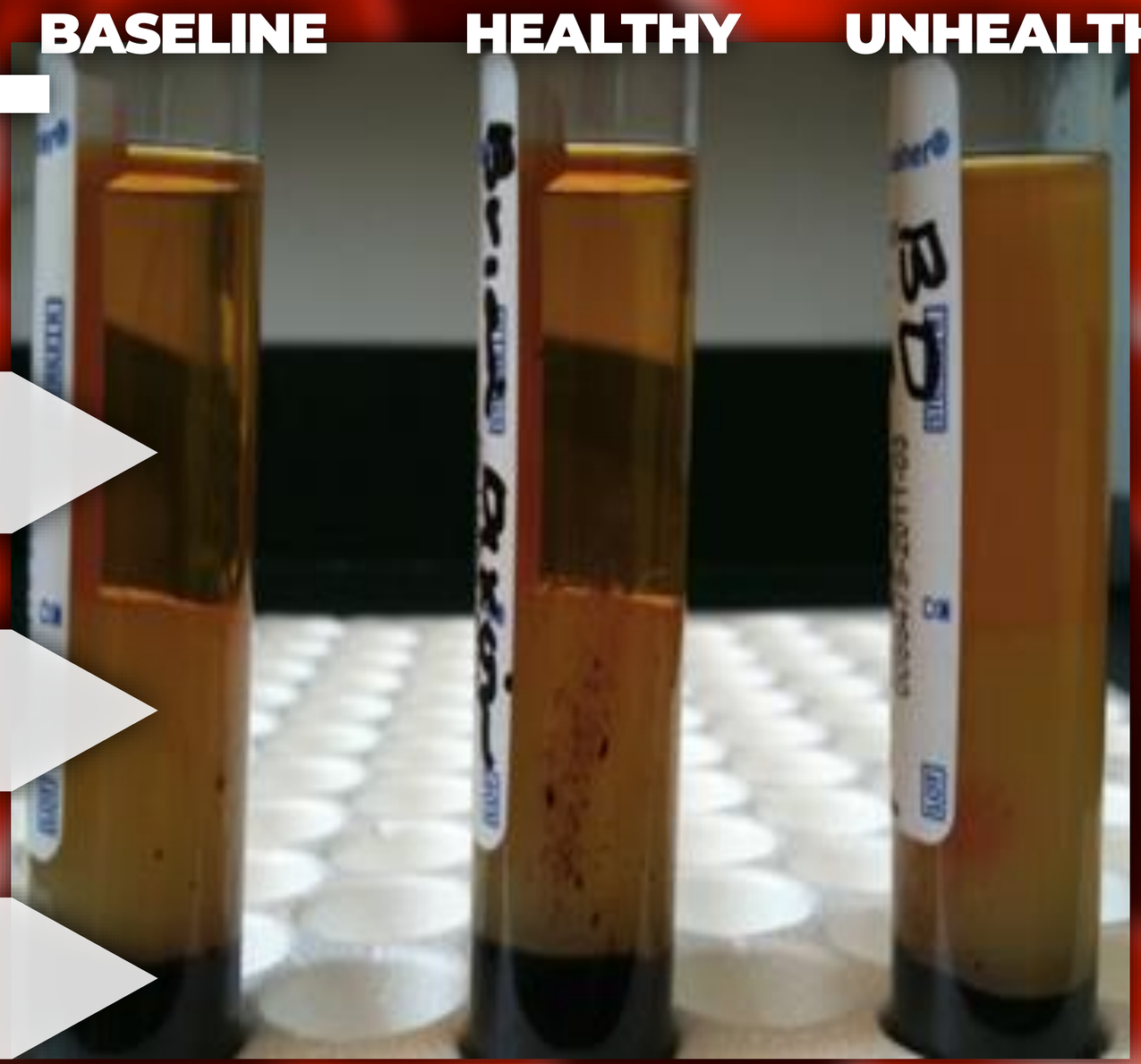
CLINICAL STUDIES

CLINICAL STUDIES

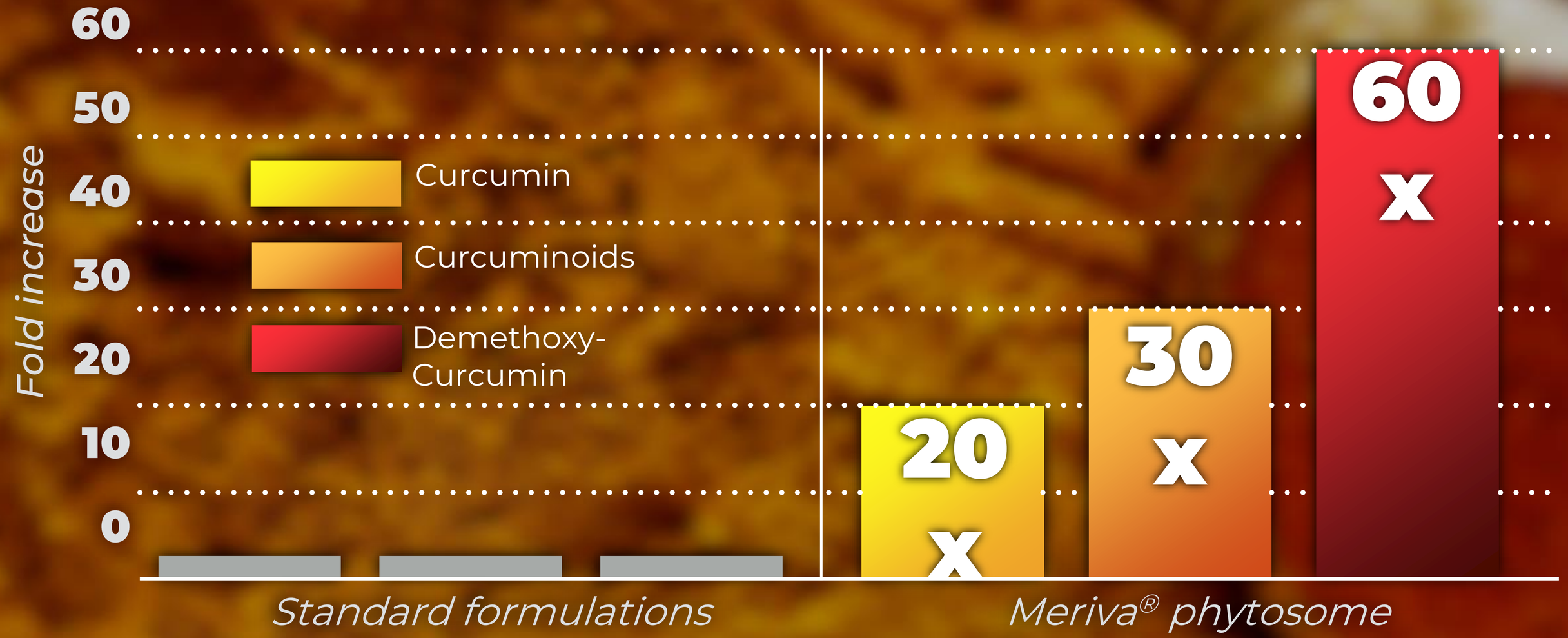


SERUM

SEPARATOR

BLOOD CELLS

MERIVA® bioavailable curcumin



JOURNAL OF NATURAL PRODUCTS

ARTICLE

pubs.acs.org

Comparative Absorption of a Standardized Curcuminoid Mixture and Its Lecithin Formulation

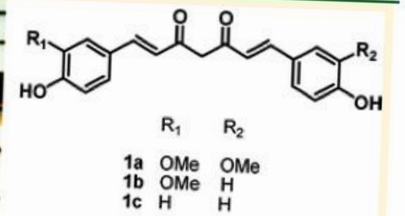
John Cuomo*†, Giovanni Appendino*‡, Adam S. Dern†, Erik Schneider†, Toni P. McKinnon†, Mark J. Brown†, Stefano Togni§, and Brian M. Dixon†

† USANA Health Sciences, Inc., 3838 West Parkway Boulevard, Salt Lake City, Utah 84120, United States

‡ Dipartimento di Scienze Chimiche, Alimentari, Farmaceutiche e Farmacologiche, Università degli Studi del Piemonte Orientale, Via Bovio 6, 28100, Novara, Italy

§ Indena S.p.A., Viale Ortles 12, 20139 Milano, Italy

ABSTRACT: The relative absorption of a standardized curcuminoid mixture and its corresponding lecithin formulation (Meriva) was investigated in a randomized, double-blind, crossover human study. Clinically validated dosages were used for both products, and plasma levels of all three major curcuminoids [curcumin (1a), demethoxycurcumin (1b), and bisdemethoxycurcumin (1c)] were evaluated. Total curcuminoid absorption was about 29-fold higher for Meriva than for its corresponding unformulated curcuminoid mixture, but only phase-2 metabolites could be detected, and plasma concentrations were still significantly lower than those required for the inhibition of most anti-inflammatory targets of curcumin. Remarkably, phospholipid formulation increased the absorption of demethoxylated curcuminoids much more than that of curcumin (1a), with significant differences in plasma curcuminoid profile between Meriva and its corresponding unformulated curcuminoid mixture. Thus, the major plasma curcuminoid after administration of Meriva was not curcumin (1a), but demethoxycurcumin (1b), a more potent analogue in many in vitro anti-inflammatory assays. The improved absorption, and possibly also a better plasma curcuminoid profile, might underlie the clinical efficacy of Meriva at doses significantly lower than unformulated curcuminoid mixtures.



There are three major polyphenols, called curcuminoids, extracted from the turmeric root. More specifically, these are curcumin (1a), demethoxycurcumin (1b), and bis- demethoxycurcumin (1c) (Figure 1). Curcuminoids have been widely used in cook- ing and in medicine for their antioxidant, anti-inflammatory, and anticancer proper- ties. For example, curcumin inhibits COX2, involved in pain and inflammation; and TNF[1], involved in systemic inflammation associated with several autoimmune disorders. This is only a snapshot of the many endpoints that curcumin targets. Though both in vitro and in vivo studies have

Poor bioavailability stems from the in- solubility of curcuminoids in water and lipophilic solvents. Attempts to circum- vent solubility issues have been successful in the form of phytosomal formulations. Meriva®* is a 1:2 phytosomal formulation of curcuminoids and lecithin, of which phosphatidylcholine (PC) is a major com- ponent. More importantly, PC is amphipa- thic; it has a positively charged headgroup and two long, neutral tailgroups, allowing for miscibility in both water and lipophilic solvents[2]. Applications include

American Heart Association | EPI|NPAM 2010

American Heart Association. Learn and Live.

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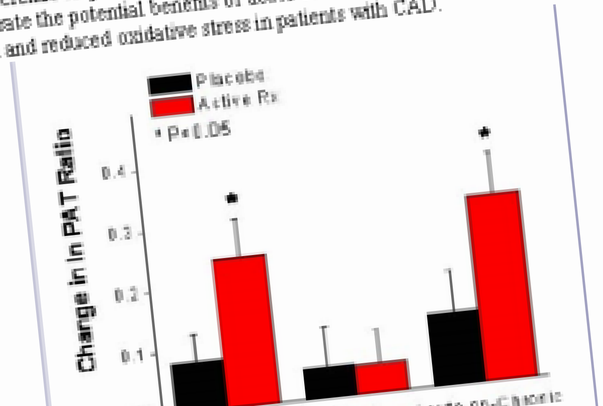
Control/Tracking Number: EPI-10-A-590-AHA
Activity: Abstract
Current Date/Time: 10/1/2009 3:55:01 PM

Chronic Study of the Effect of Grape Seed Extract plus Ascorbic Acid on Endothelial Function in Patients with Coronary Artery Disease

Author Block: Sherene M Shenouda, Naomi M Hamburg, Monika Holbrook, William Chung, Tara Caiano, Mai-Ann Duess, Matthew Kluge, Boston Univ Sch of Med, Boston, MA; Vasiliy Chernyshev, USANA Health Sciences, Inc, Salt Lake City, UT; Corey Tahit, Boston Univ Sch of Med, Boston, MA; Toni McKinnon, Tim Wood, John Cuomo, Brian Dixon, Natalie Eich, USANA Health Sciences, Inc., Salt Lake City, UT, Joseph A. Vita, Boston Univ Sch of Med, Boston, MA

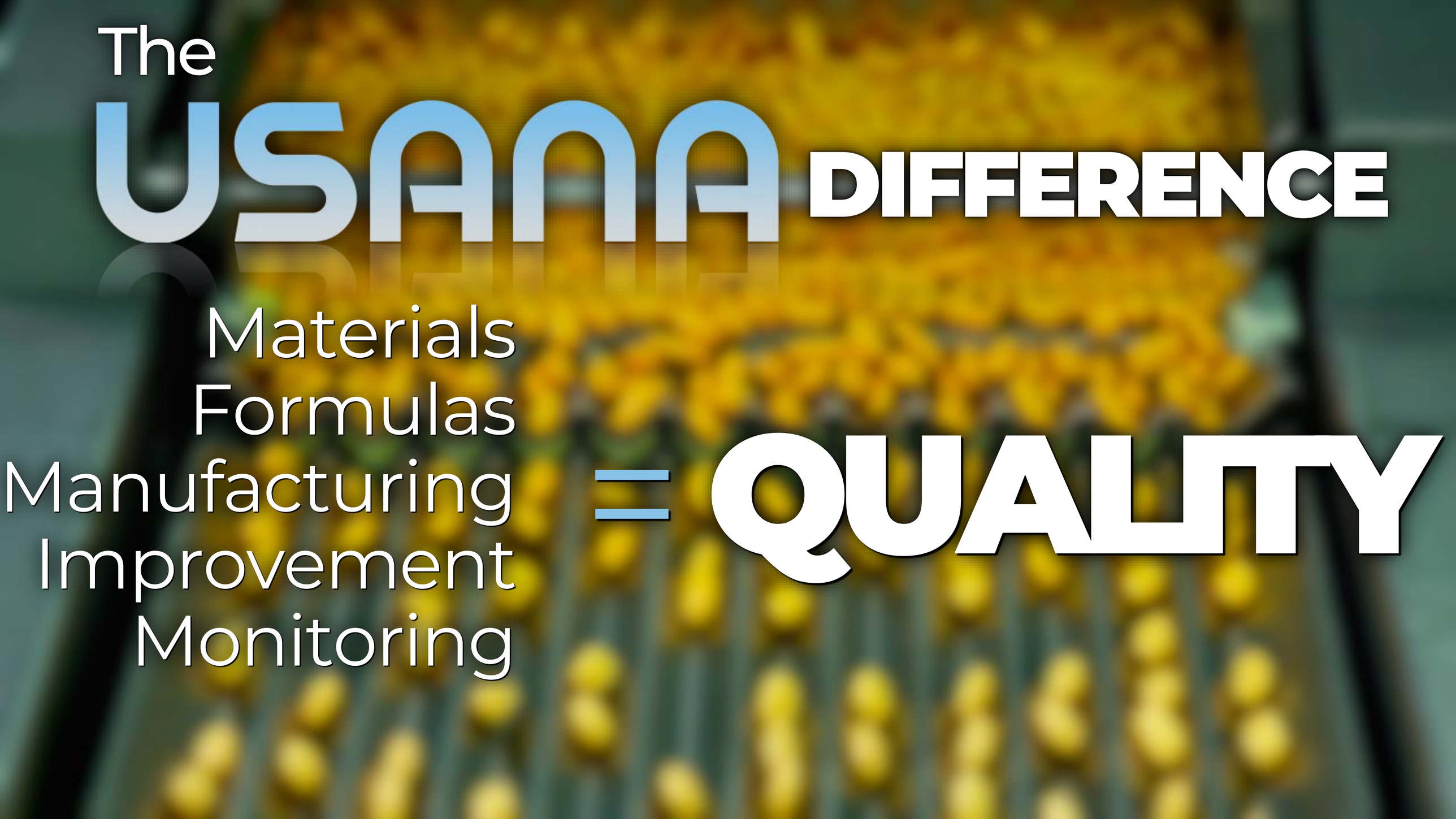
Abstract: Epidemiologic studies suggest that higher dietary flavonoid intake is associated with a reduced cardiovascular risk. Flavonoids are antioxidant polyphenols found in grapes, tea, chocolate and other fruits and vegetables. Endothelial dysfunction contributes to the pathogenesis of atherosclerosis. Recent studies have shown a beneficial effect of grape juice consumption on endothelial function. However, the volume required to consume adequate amounts of such juices may be challenging and potentially pose adverse effects due to the high sugar content. Additionally, acute treatment of patients with coronary artery disease (CAD) with the anticoxidant ascorbic acid has been shown to reverse endothelial dysfunction. We performed a double-blind, randomized, placebo-controlled crossover study to examine the effects of grape seed extract (450 mg/day, USANA Health Sciences, Inc.) in combination with ascorbic acid (1.5 g/day) for 4 weeks in subjects with clinically proven CAD (n=42, age 60±11, 26% female). We measured plasma epicatechins and 8-isoprostane levels as well as assessed endothelium-dependent flow-mediated vasodilation by fingertip pulse amplitude tonometry (PAT). Following active treatment there was a significant increase in ascorbic acid and epicatechin levels ($p<0.001$ overall treatment over time vs. baseline) and a significant decrease in SIN-1 induced lipid peroxidation in plasma demonstrating the antioxidant effect of treatment. As shown in Figure 1, we observed a significant improvement in the PAT hyperemic response four hours after acute and acute-on-chronic treatments ($p<0.05$), but no effect following chronic treatment. These findings demonstrate the potential benefits of acute concentrated grape seed extract supplementation via the protective effect on endothelial microvasculature function and reduced oxidative stress in patients with CAD.



USANA® SCIENTIFIC PARTNERSHIPS

USANA SCIENTIFIC® STUDIES


To DEVELOP and PROVIDE
the HIGHEST QUALITY,
SCIENCE-BASED
health
products ...
USANA®
HEALTH SCIENCES
your health. your life. your way.™


The
USANA DIFFERENCE
Materials
Formulas
Manufacturing
Improvement
Monitoring
= QUALITY

Year: 2018

Certificate No: 56808

STATE OF UTAH
DEPARTMENT OF AGRICULTURE AND FOOD

P.O. Box 146500 Salt Lake City UT 84114-6500 http://ag.utah.gov Phone: 801-538-7100

CERTIFICATE OF REGISTRATION FOR

Food Establishment

USANA HEALTH SCIENCES INC
3838 W PKY BLVD
SALT LAKE CITY UT 84120-6336

Category: SUPER

Registration Expires: 12/31/2018

Australian Government
Department of Health
Therapeutic Goods Administration

Certificate of GMP Compliance of a Manufacturer

Certificate Number:

MI-2015-CE-09158-1

Issued to:

Usana Health Sciences Inc.

Manufacturing Site Address:

3838 West Parkway Boulevard
Salt Lake City Utah 84120-6336 United States of America

The Therapeutic Goods Administration, the Competent Authority of Australia, confirms that this manufacturer has been inspected following section/s 25(1)(g), 26(1)(g) and/or 26A(3) of the *Therapeutic Goods Act 1989* in connection with marketing authorisation/s listing manufacturers located outside Australia.

From the knowledge gained during inspection of this manufacturer, the latest of which was conducted on 24 October 2016 to 26 October 2016, it is considered that the manufacturer complies with the Good Manufacturing Practice requirements of the PIC/S Guide to Good Manufacturing Practice for Medicinal Products – 15 January 2009.

This certificate reflects the status of the manufacturing site at the time of the inspecti
above. This certificate remains valid until the expiry date provided that re-inspecti
conducted as determined by the Therapeutic Goods Administration as the issuin
This certificate should not be relied upon to reflect the compliance status afte

EXPIRY DATE: 26 April 2021

ISSUE DATE: 16 March 2017

e of an authorised person of the Competent A
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spector

FDA
REG

FY2019

CERTIFICATE OF REGISTRATION

This certifies that:

USANA Health Sciences, Inc.
3838 Parkway Blvd
Salt Lake City, UT 84120
United States

is registered with the U.S. Food and Drug Administration for the statutory filing period applicable to U.S. FY 2019 pursuant to part 207 of Title 21, U.S. Code of Federal Regulations.

DUNS Number: **80-441-3250**
Labeler Code: **51861**
FEI: **0001720505**
Registrant Contact: **Registrar Corp**
144 Research Drive, Hampton, Virginia, 23666, USA
Telephone: +1-757-224-0177 • Fax: +1-757-224-0179

Filing was performed during the October 1 - December 31, 2018 statutory period, and renewal is not required until the next statutory period of October 1 - December 31, 2019. Registrar Corp will confirm that such registration remains effective upon request and presentation of this certificate, until the end of the year stated above, unless terminated after issuance of this certificate. Registrar Corp makes no other representations or warranties, nor does this certificate make any representations or warranties to any person or entity, other than the named certificate holder, for whose sole benefit it is issued. Registrar Corp assumes no liability to any person or entity in connection with the foregoing. Registration of a drug establishment or drug wholesaler, or assignment of a registration number, or assignment of a NDC number does not in any way denote approval of the firm or its products by the U.S. Food and Drug Administration. Any representation that creates an impression of official approval because of registration or possession of registration number or NDC number is misleading and constitutes misbranding. The U.S. Food and Drug Administration does not issue a certificate of registration, nor does the U.S. Food and Drug Administration recognize a certificate of registration. Registrar Corp is not affiliated with the U.S. Food and Drug Administration.

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info@registrarcorp.com • www.registrarcorp.com

Russell K. St
Executi

QUALITY SYSTEMS GMP AUDITED™

United States Pharmacopeia
Quality Systems GMP Audited Certificate
Dietary Supplement Manufacturing

Certificate Number: QSGMP-UHS-01
Valid: April 25, 2018 – September 30, 2018
Initial Verification Date: April 25, 2018

Name of Holder: Usana Health Sciences, Inc.
Manufacturing Site Address: 3838 West Parkway Blvd., Salt Lake City, UT 84120

Usana Health Sciences, Inc. voluntarily applied for a Good Manufacturing Practice (GMP) audit of their facility under the USP Quality Systems GMP Audited Verification Program. During the verification process, USP conducted an on-site GMP audit of the manufacturing site referenced above. After auditing the facility and examining the information the manufacturer provided to USP during the GMP auditing process, USP finds that the dietary supplement manufacturer's quality system provides sufficient assurance that the site referenced above meets the applicable GMP audit requirements set forth in the 21 Code of Federal Regulations Part 111- *Current Good Manufacturing Practice in Manufacturing, Packaging, Labeling, or Holding Operations for Dietary Supplements*, and in USP General Chapter <2750> *Manufacturing Practices for Dietary Supplements*, in the current edition of the *United States Pharmacopeia–National Formulary*.

The assessment represents a GMP audit conducted 6-8 June 2017. This certificate reflects the status of the manufacturing site at the time of the inspection previously noted. In order to maintain verification status, manufacturing, packaging, labeling and holding operations of dietary supplements must continue to take place under the same conditions under which the firm was audited.

USP is pleased to award this certificate to Usana Health Sciences, Inc.

John B. Atwater

John B. Atwater, Ph.D.
Senior Director, USP Verification Programs

this GMP certificate for the period stated above or until any major change in the manufacturer's quality systems has taken place, as defined in the license agreement and/or the USP Quality ents. Failure to comply with the provisions of the manual or the license agreement shall render this certificate void, and the right to use the USP Quality Systems GMP Audited Mark 16-8273 or visit www.uspverified.org.

th by USP


NSF
NSF INTERNATIONAL
789 N. Dixboro Road, Ann Arbor, Michigan 48105 USA
+1 800 673 6275
NSF International has assessed and confirmed compliance of
USANA Health Sciences, Inc.
Facility: 3838 West Parkway Boulevard, 84120, Salt Lake City, UT, USA
to NSF GMP Registration Program Requirements
of NSF/ANSI 173, Section 8
which includes FSMA and cGMP (21 CFR 111), (21 CFR 117)
Print Date: December 26, 2018
Certificate Number: 3N391-173GMPMF-1
Initial Certification: 1/10/2007 2:45:42 PM
Expiration Date: December 31, 2019
This certificate is the property of NSF International and must be returned upon request.
Cheryl Luther
GMP Registered
Dietary Supplements

KOSHER CERTIFICATE

בס"ד

KC# 5682149 - 1
2 Shevat, 5779
January 8, 2019

KOSHER CERTIFICATION
Rabbi Don Yoel Levy
Kashruth Administrator

USANA Health Sciences, Inc.
3838 Parkway Blvd
Salt Lake City, UT 84120

The following products sold by USANA Health Sciences, Inc. are certified Kosher with the listed restrictions.

Name	K-ID	Status	Restriction	Size
Active Calcium Chewable, US (121.010101)	FKK-ZCCS	Pareve	SYMBOL	
Core Minerals, US (102.010104)	VQW-RDQK	Pareve	SYMBOL	
Ginkgo-PS, US (126.010101)	GBF-KKXB	Pareve	SYMBOL	
USANA Vita-Antioxidant, US (103.010104)	FSC-JNXH	Pareve	SYMBOL	
Visionex, US (134.010101)	GKC-CVXZ	Pareve	SYMBOL	

This certificate is VALID UNTIL February 28, 2020

Powered by: K-ID DIGITALKOSHER.COM

Verify authenticity by entering K-ID at
www.digitalkosher.com

RABBI DON YOEL LEVY, Kashruth Administrator

391 Troy Avenue, Brooklyn, New York 11213 U.S.A. • Tel: 718 756-7500 Fax: 718-756-7503 • E

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THE ISLAMIC FOOD AND NUTRITION COUNCIL OF AMERICA
المجلس الإسلامي الأمريكي للغذاء و التغذية

IFANCA HALAL PRODUCT CERTIFICATE

April 4, 2018

Document No: **USA.3939. M. 180091.US**
Page 1/7

USANA HEALTH SCIENCES, INC.
3838 West Parkway Blvd.
Salt Lake City, UT 84120-6336 USA

To Whom It May Concern:

This is to certify that **USANA HEALTH SCIENCES, INC, SALT LAKE CITY, UTAH, USA,** produces **Halal** products under the supervision of the Islamic Food and Nutrition Council of America (IFANCA) at the following location(s):

Plant Location
USANA Health Sciences, Inc., Salt Lake City, Utah 84120 USA.
Wixon Inc., St. Francis, Wisconsin 53235 USA
Nutra Manufacturing, Greenville, South Carolina 29607 USA

IFANCA Plant #
12946
12671
12978

It is certified that the Softgels products are made with certified Halal Bovine gelatin.

The following products are **Halal** when bearing the **Crescent-M Halal** logo.

Product Code	Product Name	Pack Size	IFANCA Plant #
103.250101	AO Pro Tablet	84 tablets	12946
105.191200	Usanimals, ID	56 tablets	12946
105.080103	Usanimals, SG	56 tablets	12946
105.191200	USANA Usanimals Tablet	56 Tablets	12946
110.191200	Proflavanol	56 tablets	12946
110.080101	Proflavanol C100	56 tablets	12946
110.250101	Proflavanol C100	56 tablets	12946
111.080102	Digestive Enzyme	56 tablets	12946
120.250101	Active Calcium Plus Tablet	112 tablets	12946
122.080101	BiOmega	56 soft gel capsules	12978
122.250102	BiOmega III Plus	56 soft gel capsules	12978
122.280801	BiOmega	56 soft gel capsules	12978
122.191200	BiOmega	56 soft gel capsules	12978
123.080102	CoQuinone 30	56 soft gel capsules	12978
123.191200	CoQuinone 30	56 soft gel capsules	12978
123.250102	CoQuinone	56 soft gel capsules	12978
123.280802	CoQ30	56 soft gel capsules	12978

This certificate is valid until **March 31, 2019** and subject to renewal at that time.

Muhammad Munir Chaudry, Ph.D.
President

THE ISLAMIC FOOD AND NUTRITION COUNCIL OF AMERICA INCORPORATED ILLINOIS 1982

IFANCA Head Office • 777 Busse Highway

USANA

is a member of the:

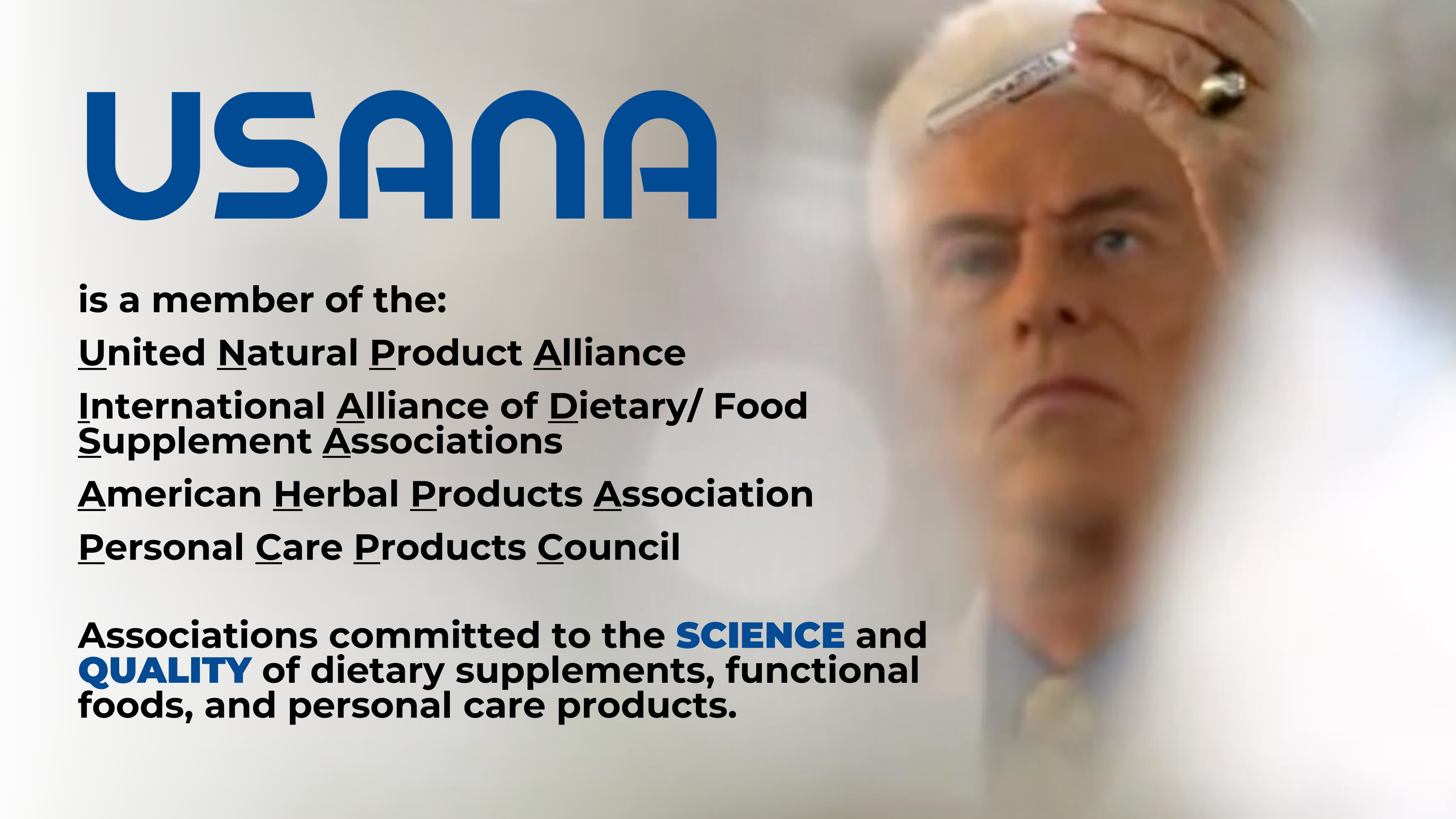
United Natural Product Alliance

International Alliance of Dietary/ Food Supplement Associations

American Herbal Products Association

Personal Care Products Council

Associations committed to the **SCIENCE** and **QUALITY** of dietary supplements, functional foods, and personal care products.



GLOBAL AGENCIES

FDA
Food and Drug Administration
PHILIPPINES

FDA

Australian Government
Department of Health
Therapeutic Goods Administration

Federal Trade Commission
Protecting America's Consumers

Ministry of Health Malaysia

BADAN POM
Badan Pengawas Obat dan Makanan

FDA
Korea Food & Drug Administration
식품의약품안전청

FDA

efsa
European Food Safety Authority

invima
Instituto Nacional de Vigilancia de Medicamentos y Alimentos
REG INVIMA 2012DM-0009222

厚生労働省
Ministry of Health, Labour and Welfare

HSA
Health Sciences Authority

CFDA
China Food and Drug Administration

Cofepris
Comisión Federal para la Protección contra Riesgos Sanitarios

MINISTRY OF HEALTH
MANATŪ HAUORA

Health Canada

THAILAND
FOOD AND DRUG ADMINISTRATION
APPROVED

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Department of Health


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of Environmental Quality
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Office
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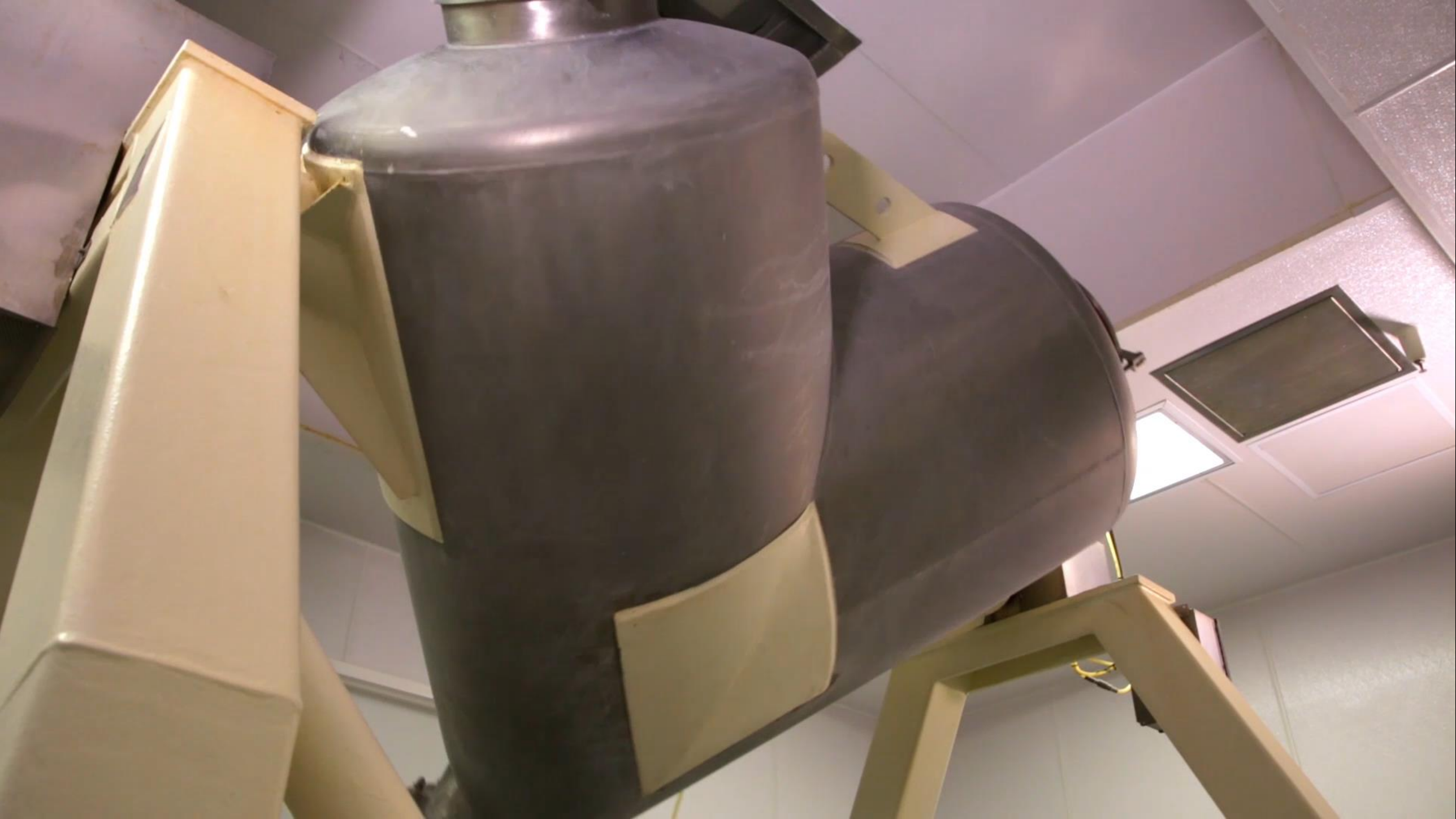
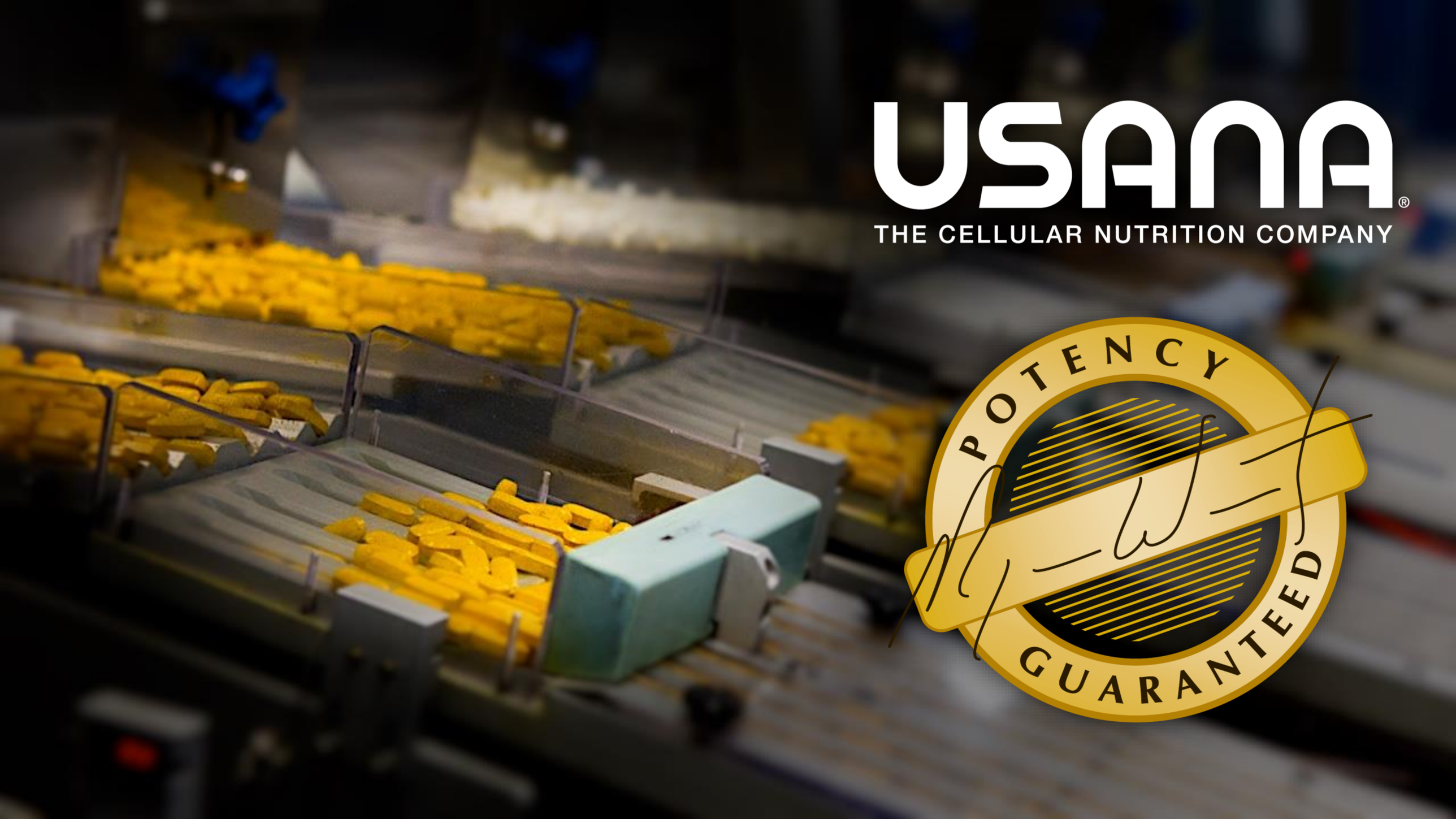



SWIFTPACK
SWIFTPACK


USANA Health Sciences
Mega Antioxidant, US
Item #
103.010103
Lot #
84693L
Expiry Date
1014
Approved Pallet Type
Regular
Product is in:
Tray
Consignee
US
PKG Deliver To:
AV
Pallet #
10
Original QTY:
2,700
QUARANTINE units stamped in Green Ink
USANA
HEALTH SCIENCES
QUARANTINE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Why do I need to worry about nutrition?

What are the right levels of nutrients?

How is USANA different?

Your nutritional regim

STARTS HERE

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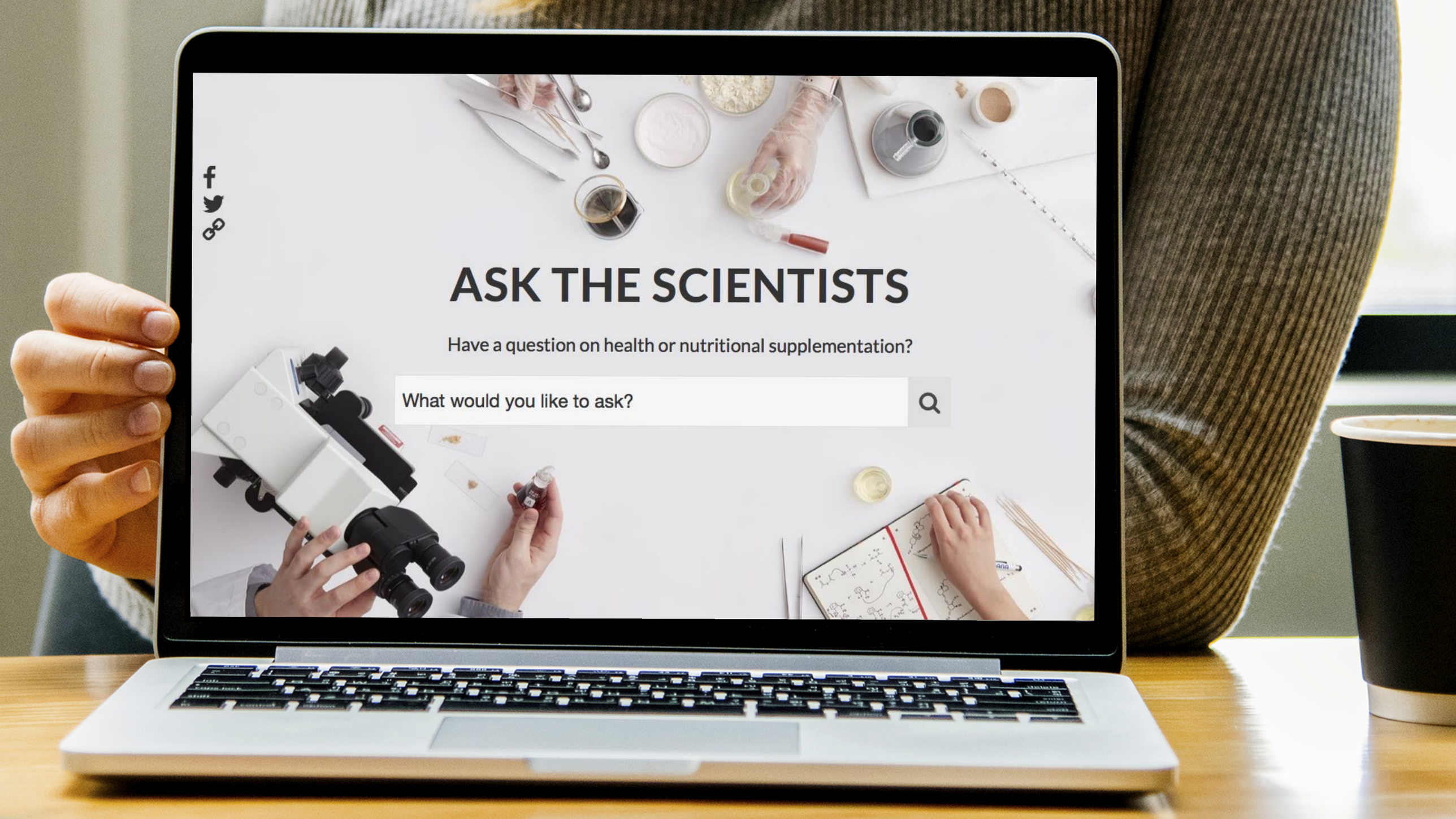
ASK THE SCIENTISTS
Have a question on health or nutritional supplementation?
What would you like to ask?